



Get a handle on *your emotions*

Life can bring on a variety of emotions, both positive and negative, that range in intensity from mild to severe. If you don't have a handle on them, they have a way of getting a handle on you. Try these 5 strategies to keep your emotions in check.



Let it out

Emotions like to linger. Let people know when something's bothering you. If you're having trouble verbalizing, try purging yourself of intense emotions by pouring them out in a journal.



Count to ten

Emotions are powerful. When you find yourself in emotionally charged situations, step away and count to 10 before you say or do anything. This will give you a chance to calm down, assess the situation, and consider the possible consequences of your reactions and comments.



Say when

Emotions love overachievers. Ask for a helping hand, break large projects into smaller portions and delegate. Learning how to recognize and express your limits is vital to avoiding meltdowns.



Talk to yourself

Emotions are sneaky. One minute you're fine, the next you feel yourself sliding downhill. Stop and ask yourself what you can learn from the situation and how you can plan more effectively for similar challenges in the future.



Fuel up

Emotions don't play fair. They attack when you're most vulnerable: when your schedule is packed with events, chores, and responsibilities. Make sure you first take care of basic needs like food, water, sleep, and exercise.

Start tracking your daily habits to boost your mood at azblue.sharecare.com or call a health coach at **877-292-1359**.

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